

Course Name: REC114 General Exercise Protocol
Credit Value: 5
Prerequisite Course: None

Course Description

Sport Conditioning coaches must have a basic knowledge of modern exercise technique to enhance the health-related components of physical fitness (cardiovascular, strength, flexibility, and body composition). Students in this course will develop the ability to perform and demonstrate exercises using a wide variety of modalities.

PLAR Information

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Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1. Perform flexibility movements, including static, dynamic, and PNF.**
 - 1.1 Define flexibility in its most simple terms.
 - 1.2 Explain the importance of flexibility in terms of physical fitness.
 - 1.3 List the factors affecting flexibility.
 - 1.4 Explain the four primary flexibility training methods.
 - 1.5 Design and demonstrate a flexibility routine for a client with specific range of motion limitations.
- 2. Demonstrate standard resistance training exercises - body part specific and multi-joint movements - using machines and free weights.**
 - 2.1 Describe the acute adaptations of resistance training.
 - 2.2 Describe the chronic adaptations of resistance training.
 - 2.3 Explain the terms isotonic, isometric, and isokinetic.
 - 2.4 Explain the three types of muscle action.
 - 2.5 Understand and explain basic resistance training guidelines such as breathing, grip variation, body positioning.
 - 2.6 Identify and perform single and multi-joint movements with resistance machines as per body part.
 - 2.7 Identify and perform single and multi-joint movements with free weights (dumbbells and barbells).
- 2.8 Design an entry level resistance training program for an adult client.**
- 2.9 Demonstrate and explain all the resistance movements in the designed program.**
- 3. Perform body weight and stability ball exercises.**
 - 3.1 Explain the place of general strength (bodyweight exercises) in a well rounded conditioning program.
 - 3.2 Trace the history of the 5BX and 10BX programs.
 - 3.3 Undertake (in the gym setting) a systematic progression through the various charts of the 5BX program.
 - 3.4 Discuss the various fitness applications of stability (Swiss ball training).
 - 3.5 Demonstrate mastery of ten or more pillar training movements on a stability ball.
 - 3.6 Design a progressive circuit training program using only bodyweight movements and a stability ball.
- 4. Perform machine and non-machine based cardiovascular activity techniques.**
 - 4.1 Explain general guidelines for safe participation in cardiovascular activities.
 - 4.2 Describe and demonstrate proper technique for a distance walking program.
 - 4.3 Describe and demonstrate proper technique for a distance running program.
 - 4.4 Describe and demonstrate proper technique for treadmill walking or running.
 - 4.5 Describe and demonstrate proper technique for a stair climbing machine.
 - 4.6 Describe and demonstrate proper technique for an elliptical trainer.
 - 4.7 Describe and demonstrate proper technique for a stationary bike.
 - 4.8 Describe and demonstrate proper technique for a rowing machine.
 - 4.9 Design a progressive cardiovascular exercise program using one or more machines or non-machine exercises.

5. Identify common exercise technique errors.

- 5.1 List the most common technical errors made on aerobic machines.
- 5.2 List the most common technical errors made on resistance training machines.
- 5.3 List the most common technical errors made with free weights (dumbbells and barbells).
- 5.4 Recognize and correct (with appropriate feedback) one exercise technique error: on an aerobic machine, on a resistance training unit, with a free weight movement.

6. Describe the conditions and techniques for spotting free weight exercises.

- 6.1 Explain common resistance training "spotting myths".
- 6.2 Discuss the "forced rep" principle of resistance training.
- 6.3 Explain and demonstrate the safest and most effective spotting methods for the back squat movement.
- 6.4 Explain and demonstrate the most effective spotting methods for the supine (bench) press with a barbell movement.
- 6.5 Explain and demonstrate the safest and most effective spotting methods for over-the – face dumbbell movements.

Evaluation Strategy**Grading System**

A+ Honours	90-100%						
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%
A	80-84%	B	70-74%	C	60-64%	D	50-54%
						R	Repeat
						S	Successful
						U	Unsatisfactory
						I	Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

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- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

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